



## OFF THE GRIDIRON

ROBERT DE NIRO'S NEW FILM, SILVER LININGS PLAYBOOK, IS ONE OF THE FEW FOOTBALL MOVIES TO TELL THE STORY OF DIEHARD FANS PAGE 8

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Tuesday, December 4, 2012



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## THE ROYAL WEE

Catherine, Duchess of Cambridge, and Prince William, Duke of Cambridge, celebrate a Great Britain gold medal in cycling on Aug. 2 at the Olympic Games in London. The couple have announced they are expecting their first child. Story, page 4. Curious to see what the future monarch could look like? Metro used the power of the Internet and two archival photos to make our own royal newborn. See the results at [metronews.ca/royalbaby](http://metronews.ca/royalbaby). PASCAL LE SEGRETAIR/GETTY IMAGES FILE

# Parking proposal parked

**Tight spots.** Decision on extending parking grace period delayed



ANGELA MULLINS  
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Concerns about the city losing an estimated \$260,000 a year in parking-fine revenue have put a move to extend overnight parking on hold.

The proposal — which would allow on-street parking from 3 to 5 a.m. between May 1 and Oct. 31 — was referred to upcoming budget talks. Right now, overnight parking is allowed the Saturday before Victoria Day through Labour Day.

Mayor Joe Fontana proposed delaying the decision during Monday's meeting of the civic-works committee. He said he supports the idea, but questions the financial impact.

Coun. Stephen Orser said he's tired of the city taking "baby steps" on the proposal, disagreeing with police who say impaired driving won't decline with a parking extension. "It's an issue that will have great benefit for a number of areas,"

### Other business

- Council's civic-works committee recommended a three-year phase-in of the storm drainage charge as part of the city's new water and sewer rate structure.
- Homeowners would still save money next year, but would save \$6 less than first expected.

he said. "I think we should have less talk and more action on it."

Along with losing money from fines, the city would have to pay \$15,000 to change parking signs and meters. Street sweeping would also be affected, since the sweeper can't clean areas where cars are parked.

In another parking-related move, the civic-works committee asked administrators to look into a permit that would allow overnight parking for people visiting the city. Coun. Judy Bryant says the move would encourage "cultural tourism" and stimulate "local business communities." She suggests visitor permits be good for up to 48 hours.



# Tax-freeze hat trick? Budget season is here

**Debate.** Tuesday marks start of budget talks, final approval in February

The floodgates will open Tuesday on what's expected to be months of tooth-and-nail debate about the 2013 city budget.

Administrators will table a proposed spending plan to council's strategic priorities

and policy committee at 4 p.m. Officials haven't said how much of a tax hike will be included, but treasurer Martin Hayward has warned a 3.8 per cent increase is needed to avoid deep service cuts.

Despite the warning, council voted 8-7 this summer to move toward what would be a third consecutive tax freeze. For that to happen, an estimated \$25.6 million in cuts or new revenue will be needed, Hayward has said.

Council slashed \$6 million

from the 2011 budget proposal to avoid a tax increase with part of the savings coming from wage freezes at city hall.

The 2012 budget — passed with a 9-6 vote — saw councillors slash \$18.1 million from the administration's proposal. While service cuts were minor, millions of dollars originally slated for reserve funds were funnelled into the budget to avoid a tax hike.

In the recent London Matters survey of more than 500 residents, 49 per cent told

Metro they consider a tax freeze important this year, while 47 per cent say it's not that big of a deal. Sixty-seven per cent of people questioned said they'd support a two per cent tax increase — an option that's been tossed around city hall — if it went toward road repair, snow removal, and park maintenance.

Hayward's proposed 3.8 per cent tax increase, as outlined this spring, included putting extra money — about \$4 million — into reserves

to make up for what wasn't invested last year. It also includes a \$3.1-million increase for police and a \$1.4-million increase for the transit commission.

Councillors are expected to get a full rundown Jan. 9 about what a tax freeze would mean for each service offered in the city. After that, a variety of budget talks — and public-engagement sessions — are planned, with final budget approval slated for Feb. 28.

ANGELA MULLINS/METRO



## Police run raises about \$2,000 in event that honours late officer Rick Harriss

Members of the London Police Service take some of the first strides Monday outside police headquarters in the second annual Running for Rick fundraiser to benefit the Salvation Army Christmas Kettle Campaign. The 5K raised about \$2,000, including a \$1,000 donation from the London Police Association. The run was in memory of police Insp. Rick Harriss, who died of a heart attack in 2010. Harriss was a strong supporter of the Salvation Army. ANGELA MULLINS/METRO

## Exit. Hudak wants to get the Ont. government out of gambling business

Progressive Conservative Leader Tim Hudak says it's time the Ontario government got out of the gambling business, and suggests he'll privatize liquor sales as well.

Hudak says it's time to re-evaluate everything government does to concentrate on core services like health care and education and get out of businesses that are better run by the private sector.

He says there's an inherent conflict in having the government act both as a promoter of gambling by owning the Ontario Lottery and Gaming Corp. and by being the regulator.

Hudak won't say how much the province would save by



Ontario Tory Leader Tim Hudak  
ANGELA MULLINS/METRO

having private operators run casinos and lotteries, but says he's convinced it would mean a bigger return for provincial taxpayers. THE CANADIAN PRESS

### Province

## Government's plan is to balance the budget: Finance minister

Finance Minister Dwight Duncan says Ontario should follow through with "strong action" to drive down its \$14.4-billion deficit if it still wants to balance its budget in the next five years.

Speaking to a crowd at the Toronto Board of Trade, Duncan says the tough choices the government has had to make — including wage freezes for public-sector workers — will help eliminate the provincial debt load by 2017-18 or even earlier.

THE CANADIAN PRESS

## Education. High school teachers to pull out of extracurricular activities

Public high school teachers and support staff in Ontario will step up their protest against a controversial anti-strike law next Monday by withdrawing from extracurricular activities.

The Ontario Secondary School Teachers' Federation says teachers and staff will only show up for work 15 minutes before their scheduled start time and will leave immediately after their scheduled duties at the end of the day.

Union president Ken Coran says the 60,000 members have always said they would accept a wage freeze, but feel Bill 115 erodes their democratic rights for collective bargaining.

Education Minister Laurel Broten

### Quoted

"This has been, and will continue to be, about the refusal of union leadership — not our teachers — to accept a real pay freeze."

Education Minister Laurel Broten

Broten said union leaders for public, elementary and high school teachers seem set on strike action and are determined not to allow local contract agreements with a real wage freeze.

THE CANADIAN PRESS



RBC Theatre

## West Side Story in London

The tour of the Broadway revival of West Side Story is coming to the RBC Theatre at Budweiser Gardens on May 26 for one performance.

Tickets (\$60, \$65, \$70) go on sale Friday at 10 a.m.

METRO

Budweiser Gardens

## Stars on Ice tickets on sale Friday

World champion men's skater Patrick Chan and pairs champs Tessa Virtue and Scott Moir are among the headliners for the Stars on Ice event April 28 at Budweiser Gardens. Chan will be making his Stars on Ice debut on this tour. Tick-



Patrick Chan GETTY IMAGES FILE

ets start at \$25 and go on sale Friday. Visit budweisergardens.com for more information.

METRO

Million Tree Challenge

## Don't forget to register your trees

Londoners are asked to get their newly planted trees counted at milliontrees.ca. Registering a tree at the site ensures it will be counted toward the Million Tree Challenge: Planting one million trees over the next 10 years. METRO

London Lightning

## Richardson gets NBL nod

The coach of the top team in the National Basketball League of Canada has been honoured by the league. Michael Ray Richardson of the London Lightning has been named the coach of the month for November 2012. METRO

'Tis the season

## Giving back at LCBO stores

As part of the LCBO's annual Giving Back In Our Community campaign, donation boxes for Children's Health Foundation will be displayed at LCBO checkouts throughout southwestern Ontario starting this week. METRO

# Griffith newest victim of lockout; teammate gets Team Canada invite

**World juniors.** CHL's fifth-highest scorer left off selection camp list



JOHN MATISZ

john.matisz@metronews.ca

The NHL lockout has affected thousands of people, ranging from millionaire executives to low-level arena employees.

And, now, London Knights sniper Seth Griffith is feeling its wrath. Griffith, the Canadian Hockey League's fifth-highest scorer (50 points in 30 games), was left off Team Canada's 37-player selection camp invitation list.

Omitting Griffith's name from the collection of 21 forwards "was a very, very difficult situation for us," said Team Canada head scout Kevin Prendergast.

"We felt one of the things that we're sort of top-heavy with at this point was our top six (forward group)."

Since NHL-ready forwards Ryan Nugent-Hopkins, Jonathan Huberdeau and Ryan Strome are all available because of the work stoppage, Griffith was deemed unessential to Canada's plans.

While he was considered a dark horse to make the team in the first place, the camp snub is partially shocking.

"I was definitely sur-

Making the cut

Other Knights/locals Russia-bound for 2013 world juniors:

- Boone Jenner. Oshawa Generals forward, Canada (Dorchester native)
- Olli Maatta. Knights defenceman, Finland
- \*Nikita Zadorov. Knights defenceman, Russia
- Doug Stacey. Knights athletic therapist, Canada

\* hasn't officially been named to team but was invited to Russia's pre-tournament camp

prised," said Knights captain and Team Canada returnee Scott Harrington. "I thought Seth definitely deserved to get an invite to camp. But, I mean, I'm not the one who picks the roster or anything like that."

Harrington is one of 12 defencemen battling for a spot in Calgary next week — though the Kingston native is widely believed to be a lock to participate in his second world juniors. There's even a possibility the cool and calm defender may get a letter on his jersey.

For more world juniors coverage, flip to page 14.



Knights defenceman Scott Harrington, seen here in a file photo from earlier this season, was one of 12 blue-liners to be invited to the Canadian world junior selection camp. JOHN MATISZ/METRO



## The young man and the river

Paul Jefferson, 35, of London, takes advantage of the mild December weather by casting his fishing line into the Thames River behind the London Water Works building inside Springbank Park on Monday afternoon. For Tuesday, Environment Canada says morning showers will end in the afternoon, with temperatures falling to 6 C. The low Tuesday night is -1 C. JOHN MATISZ/METRO

# Metro supermarket at Sherwood Forest Mall to close in January

A month after a location closed at Westmount Shopping Centre, the Metro grocery store at Sherwood Forest Mall is set to close in early January.

The company confirmed the decision to AM980 on Monday, but unlike its store in Westmount — which closed for good on Nov. 8 — the store at Sherwood Forest Mall will reopen as a Food Basics in May.

"We would much rather convert a store to a Food Basics, than close one," said Metro spokesperson Jamie Sproules, adding none of Metro's remaining five London locations are slated for closure or rebranding.

Food Basics is owned by Metro Inc.

The closure of Metro's Sherwood Forest Mall location next month will impact 96 unionized employees: 21

full-time, 75 part-time.

"They have a number of options through their union agreement," Sproules said. "They have the choice to bump to another store in the province, covered by that same agreement, to receive buy-outs, or move into the (new) Food Basics store."

It was not immediately clear how many jobs would be available at the new Food Basics, which will be located

No replacement till May

- Once the Metro store closes in January, it'll remain empty until May when the Food Basics reopens in its place.

in the same space currently occupied by the Metro at Sherwood Forest Mall.

AM980/AM980.CA

## Online sensation

Homeless man  
hides new boots

The NYC homeless man — whose gift of boots from an NYPD police officer became an online sensation — is back on the streets with no shoes. Jeffrey Hillman says he's hidden them because they're "worth a lot of money." **TORSTAR NEWS SERVICE**

## Reality TV

Amazing Race  
comes to Canada

Producers of The Amazing Race Canada promise the show will stand shoulder-to-shoulder with its slick U.S. counterpart, even though competitors will never leave the country.

CTV executive Phil King says the network spent a lot

of time debating whether or not to send competitors around the world. In the end, they decided to showcase the country's diversity.

"Canada (is) so diverse and not only in terms of land mass and climates — whether you go from Vancouver to the north or in the Prairies (with their) varying climates all the time — but even the people have very distinct cultures." **THE CANADIAN PRESS**

## November

Canada earns mo'  
money for cancer

For the second year in a row, Canadians participating in the Movember campaign for prostate cancer research have raised more money than people in any other country.

The sixth annual event, which drew to a close last

Friday, has so far raised more than \$37 million for men's health initiatives.

In all, 247,066 Canadians took part in raising funds and awareness for Prostate Cancer Canada.

Movember is a month-long fundraising campaign where men start the month of November with a clean-shaven face, then grow their moustaches throughout the month. **THE CANADIAN PRESS**

## Twitter



"Laureen and I congratulate the Duke and Duchess of Cambridge on their wonderful news #royalbaby"

@pmharper, via Twitter



Catherine, Duchess of Cambridge, takes part in a day of celebrations to mark St. Andrew's Day at St. Andrew's School on Friday in Pangbourne, England, days before palace officials announced she is pregnant. **GETTY IMAGES**

# Pregnancy sends Kate to hospital

**Expecting.** Duchess of Cambridge hospitalized with severe form of morning sickness

The most widely anticipated pregnancy since Princess Diana's in 1981 is official: Prince William's wife, Kate, is pregnant.

St. James's Palace announced the pregnancy Monday, saying that the Duchess of Cambridge — formerly known as Kate Middleton — has a severe form of morning sickness and is currently in a London hospital. William is at his wife's side.

News of the pregnancy drew congratulations from across the world, with the hashtag #royalbaby trending globally on Twitter.

The couple's first child will be third in line to take the throne — leapfrogging the gregarious Prince Harry and possibly setting up the first scenario in which a U.K. female heir could benefit from new gender rules about succession.

Palace officials would not say how far along the 30-year-old duchess is, only that she has not yet reached the 12-week mark.

The palace said the duchess

was hospitalized with hyperemesis gravidarum, a potentially dangerous type of morning sickness where vomiting is so severe no food or liquid can be kept down. They said she was expected to remain hospitalized for several days and would require a period of rest afterward.

The condition is thought to affect about one in 200 pregnant women, but Gaither said less than one per cent of women with the condition need to be hospitalized.

The news came just days after the duchess, on a royal appearance, was playing field hockey with schoolchildren at her former school.

William is second in line to the throne after his father, Prince Charles, so the couple's first child would normally become a monarch — eventually.

The confirmation of Kate's pregnancy caps a jam-packed year of highs and lows for the young royals, who were married in a lavish ceremony at Westminster Abbey last year.

They have travelled the world extensively as part of the Queen's Diamond Jubilee celebrations and weathered the embarrassment of a nude-photos scandal, after a tabloid published topless images of the duchess.

**THE ASSOCIATED PRESS**

## Potentially dangerous

## Uncommon illness

While morning sickness in pregnant women is common, the problem the Duchess of Cambridge has been hospitalized with is not.

"It's not unusual for pregnant women to get morning sickness, but when it gets to the point where you're dehydrated, losing weight or vomiting so much you begin to build up (toxic) products in your blood, that's a concern," said Dr. Kecia Gaither, director of maternal fetal medicine at Brookdale University and Medical Center in New York.

Hyperemesis gravidarum tends to be more common in young women, in non-smokers, in women who are pregnant for the first time and in those expecting multiple babies.

Doctors aren't sure what causes it, but suspect it could be linked to hormonal changes or nutritional problems. Gaither said the condition usually subsides by the second trimester.

# L.A. landlord's act of kindness goes viral

A landlord in California has paid it forward with an act of Christmas kindness.

The landlord, identified only as Joel, posted a notice telling tenants in his Los Angeles building to reduce their December rent cheques by \$70 and encouraged them to use the money to buy a gift for someone special.

This is not the first time he has done it, either.

"For so many years now, we have had a tradition of helping people a little during this last month of the year when people start get-

## Quoted

**"It's hard enough to find a nice place to live in this city. Finding one with management who cares about their tenants as well simply blows my mind."**

Tenant Mike Olejarczyk

ting ready for Christmas," the landlord wrote.

A Reddit user, using the screen name "mikeoley," posted a photo of the notice on the popular online forum Thursday with the heading "Good guy landlord."

By Monday, the post had

more than 600 comments.

"Mikeoley" is Mike Olejarczyk, 32, who works for PlayNetwork in L.A. as a motion graphics artist. "We were both blown away by the (landlord's) generosity," Olejarczyk told Torstar News Service. "It's pretty remarkable because

we've only lived at the unit since the middle of October."

He has never met Joel, but he has a building manager named Nancy who lives in the small 12-unit complex and "she's equally as nice."

With the savings, he plans on "buying Joel and Nancy a small gift to show my gratitude."

But just in case anyone forgets that Christmas comes only once a year, the landlord added a postscript to his note: "Rent will return to normal levels with your January 2013 payments." **TORSTAR NEWS SERVICE**



An L.A. landlord identified as Joel has told tenants to reduce their rent cheques by \$70 in December and buy a gift for someone special. **ISTOCK IMAGES**



# Trudeau feeling the heat for gun registry comments

**Firearms policy.** Projected Liberal front-runner accused of flip-flopping as divisive debate re-ignites

Justin Trudeau scrambled to explain his stance on gun control Monday as the Liberal leadership candidate took flak from opposing sides on the divisive issue.

The presumed Liberal front-runner tried to mollify both sides of the debate, rekindled over the weekend by his description of the long-gun registry as a failed policy.

Trudeau spent a news scrum with reporters handling one of the first divisive policy debates to have erupted during his campaign.

He explained that he hadn't actually flip-flopped on the gun registry.



Liberal leadership candidate Justin Trudeau on Monday.  
RYAN REMIOWZ/THE CANADIAN PRESS

In fact, Trudeau said, he always supported it, and still does support it in principle. But he said now that it's gone it's too divisive to try bringing it back.

In the next breath, however, Trudeau added that he

supports Quebec's effort to bring it back in that province because he said the measure is not divisive there.

Finally, he explained why the long-gun registry fit his definition of a "failed" public policy.

"I voted to keep the firearms registry a few months ago and if we had a vote tomorrow I would vote once again to keep the long-gun registry," Trudeau told reporters.

"However, the definition of a failed public policy is the fact that the long-gun registry is no more. The fact is, because it was so deeply divisive for far too many people, it no longer exists."

Trudeau said he would rather spend the next three years, before the federal election, trying to find evidence-based policies that will unite Canadians and not divide them.

THE CANADIAN PRESS



## A community grieves

Nancy Latraverse places flowers in front of a house in Drummondville, Que., where three young siblings—two girls, aged two and five, and their four-year-old brother—were found dead late Sunday. Police had still not said by Monday evening how the children died.

PAUL CHIASSON/THE CANADIAN PRESS

### Response to UN vote

## Canada mutes criticism of Israeli settlement plans

Canada is standing apart from its major allies, the U.S. included, in refusing to condemn Israeli plans for new settlements in areas claimed by the Palestinians.

On Friday, Israel announced plans to build 3,000 settler homes in the West Bank and east Jerusalem to punish the Palestinians for winning greater recognition at the United Nations General Assembly the previous day.

THE CANADIAN PRESS

### Suspected arson

## Purported ex-spy's house torched

A fire has ravaged the home of a Montreal man with a colourful past as a self-described Israeli spy and purported international arms broker.

The police arson squad is investigating the fire that gutted the upscale Westmount home of Ari Ben-Menashe. Police say a suspect was seen fleeing.

THE CANADIAN PRESS

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# Starbucks accused of grande-sized tax dodge

**Britain.** Legislators want Parliament to clamp down on multinationals that exploit U.K. tax laws

British lawmakers on Monday accused major multinational companies, including Starbucks, Google and Amazon, of immoral tax avoidance, while Starbucks announced it is reviewing its British tax practices in a bid to restore public trust.

Parliament's public accounts committee said the government should "get a grip" and clamp down on multinationals that exploit tax laws to move profits generated in Britain to offshore domains.

"Global companies with huge operations in the U.K., generating significant amounts of income, are getting away with paying little or no corporation tax here," said Labour legislator Margaret Hodge, who chairs the all-party committee. "This is outrageous and an insult to British businesses and individuals who pay their fair share."



A man walks out of a Starbucks in west London on Monday. British lawmakers want to clamp down on multinational corporations, including Starbucks, that they say are guilty of exploiting tax laws. THE ASSOCIATED PRESS

As the British economy splutters amid Europe's economic crisis, and the government slashes spending in a bid to curb the deficit, public anger has grown against companies that pay little tax while making large profits.

Companies operating in Europe can base themselves in any of the 27 European Union nations, allowing them to take advantage of a particular coun-

**By the numbers****\$2.9M**

The committee said online retailer Amazon paid \$2.9 million in British tax in 2011, on turnover of about \$331 million.

try's low tax rates.

Google has picked Ireland and Bermuda as its main bases, while coffee chain Starbucks has its European base in The Netherlands and pays British tax only after transferring large sums in royalties to its Dutch headquarters.

Hodge said executives from the three companies had been "unconvincing and, in some cases, evasive" when they appeared before the committee last month to explain their tax regimes. And she accused Britain's tax agency of being "way too lenient" in dealing with multinationals.

Starbucks, whose outlets have been targeted by the protest group U.K. Uncut, said in a statement that it had "listened to feedback from our customers and employees, and understand that to maintain and further build public trust we need to do more." THE ASSOCIATED PRESS

**Nielsen research**

## TV viewers are increasingly social

There's been an explosive growth in the number of people who watch TV while connected to social media on smartphones and tablets, a new report shows. The Nielsen company said one in three people using Twitter in June sent messages at some point about the content of television shows, up 27 per cent from five months earlier.

THE ASSOCIATED PRESS

**Dubai**

## Clash over web controls stymies UN conference

The UN's top telecommunications overseer sought Monday to quell worries about greater Internet controls emerging from global talks in Dubai, but any attempts at major web regulations will likely face stiff opposition from groups led by a high-powered U.S. delegation. The 11-day conference is seeking to update codes last reviewed when the web was virtually unknown. THE ASSOCIATED PRESS



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# REAL CHEMISTRY DOESN'T COME FROM A TOUCH SCREEN



**SHE  
SAYS...**  
Jessica Napier  
metronews.ca

My boyfriend has no patience for texting; when he wants to talk he won't hesitate to pick up the phone and call me. This more traditional approach puts him in the same category as my grandparents and my dentist and it drives me crazy. Frankly, I just don't have enough daytime minutes to carry out my relationship verbally.

For modern couples who have grown up in the age of cellphone dependency, there's no separating technology from the relationship. Texting — which is far less intrusive than an actual phone call and has the added benefit of being more affordable — has become our preferred method of communication.

## Communication conundrum

**An unanswered text can turn the sanest individual into a panicking ball of neuroses.**

We're relying on our pocket technology more than ever to negotiate new relationship terrain and, in turn, creating a whole new set of issues for ourselves. We consult friends to help interpret cryptic texts, judge potential suitors on their grammar, and agonize over our response time — a too-quick reply can take you from looking interested to looking desperate. Excessive emoticon use — especially that ambiguous tongue-out-smiley-face — can lead to serious confusion about the meaning of our words. And worst of all, an unanswered text can turn the sanest individual into a panicking ball of neuroses.

There's no doubt that smartphones can make courtship infinitely more complicated, but they also allow us to be bolder with one another and more expressive than we might be face-to-face. Sexting is often thought of as the pastime of hormonal teenagers but plenty of grown-ups exchange racy texts as a way to test the new relationship waters before actually diving in.

But if your new beau is sending virtual flower bouquets and emoji kisses before (or instead of) trying out the real thing, isn't that a bit disenchanting? And how do you know that he or she isn't just copying and pasting flirtatious iMessages between multiple women?

There's always going to be an element of casual detachment when it comes to mobile messaging. So while sending a few coy texts might be less intimidating than saying what you mean out loud, nothing can replace those in-person moments at the start of a new relationship.

Follow Jessica Napier on  
Twitter @MetroSheSays



The world saw the 20th anniversary of the text message Monday. The milestone also makes apparent the correlation between SMS and digital delirium. JHAYMESISVPHOTOGRAPHY/FLICKR

# I Sphinx you can eat it



BEBETO MATTHEWS/THE ASSOCIATED PRESS PHOTOS

## This is sweet news

### N.Y.C. hosts delectable competition

The Sphinx, a gingerbread creation from North End Grill, is on display in the lobby area of Le Parker Meridien hotel in New York City. The landmark-inspired

creation is being exhibited with other over-the-top gingerbread houses from city restaurants in the fourth annual display to benefit City Harvest, a food rescue organization for feeding the needy.

Visitors can buy one ticket for \$1 or eight for \$5 to vote on their favourite landmark. **THE ASSOCIATED PRESS**



Chichen Itza, a gingerbread creation from Butterfly Bakeshop, will be on display with the rest of the landmarks at Le Parker Meridien until Jan. 3.

## Nom nom nom

### This ain't your mother's gingerbread

Out of the kitchen and into the hotel lobby: Gingerbread houses have gone from being a home-made project done with mom to professional exhibits designed by pastry chefs and sometimes even architects.

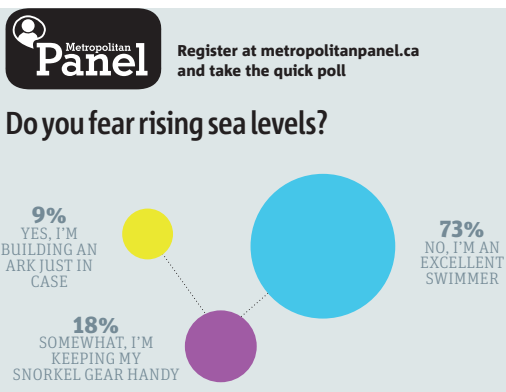
The fundraiser is just one of many gingerbread showcases going on across the country. A few extravaganzas raise money for charity, while some include contests for home bakers.

Susan Matheson, co-author of the book *The Gingerbread Architect: Recipes and Blueprints for*

Twelve Classic American Homes, says these types of professional gingerbread creations "are elaborately detailed, spellbinding constructions that must require an army of pastry chefs, historians, engineers and consulting experts. The results can elevate the craft to a high art form that transports the viewer into an ethereal miniature fairy world." But Matheson doesn't approve of glue guns or other non-edible components: "It's 100 per cent digestible or count me out." **THE ASSOCIATED PRESS**

## Online

See the whole gingerbread spread at [metronews.ca](http://metronews.ca).



## Twitter

### @kirstenmoulard:

Studying power points of Lindsay Lohan, Justin Bieber, Kim Kardashian etc. for my gen ed final test. #jokes #obvknoweverythingalready

### @CorelChick:

I think I might share some of these awesome chocolate chip cookies I made. #MarthaStewartRecipe

### @RachFee:

"Please reply to let me know you

received this email" is not necessary in EVERY email.

### @linesbylyons:

Looking for a cauliflower cheese soup #recipe that doesn't call for potatoes. Is there such a thing?

### @Chrizzie:

#ldnont needs police @ corner of Talbot and York. Twice I have been almost hit by a cab turning when I cross the road with the walk signal

## DVD review



### The Dark Knight Rises

Director. Christopher Nolan

Stars. Christian Bale, Tom Hardy, Anne Hathaway

•••••

This Knight not only rises, it also cuts deep — not just as spectacular entertainment but also as harrowing drama. Fear is in the eyes of both hero and villain in this concluding chapter of Christopher Nolan's outstanding Batman origin trilogy. Human frailty and realistic threats of nuclear and economic destruction are woven into the densely layered saga co-written by Nolan with his brother Jonathan and David S. Goyer. It's eight years after the traumatic events of *The Dark Knight* (2008), and Batman is for all intents and purposes no more. He's been outlawed and ostracized in Gotham City, which arrogantly believes it has rid itself of major crime. Wrongly blamed for the demise of Gotham's public defender Harvey Dent, a lie that even trusted ally Police Commissioner Gordon (Gary Oldman) is unhappily and politically obliged to maintain, Batman — or rather his alter-ego Bruce Wayne (Christian Bale) — hides inside stately Wayne Manor. Mourning losses both tangible and emotional, Wayne is also physically diminished, and now walks with a cane. But a new threat has emerged: a super terrorist by the name of Bane (Tom Hardy). Built like a wrestling giant, Bane wears a mask that resembles a spider or perhaps the "face hugger" from the *Alien* series. He proclaims himself to be "Gotham's reckoning." Gotham's destruction seems more likely. Bane plans to weaponize a nuclear fusion device that Wayne Enterprises developed for peace. Anne Hathaway intrigues and wows as cat burglar Selina Kyle, a.k.a. Catwoman, who has connections to both Bane and Batman. Marion Cotillard makes less noise as Gotham tycoon Miranda Tate, but she fits very well into the film's intricate puzzle. So too does Joseph Gordon-Levitt.

PETER HOWELL



In *Silver Linings Playbook*, Bradley Cooper plays Pat Solitano, a diehard Philadelphia Eagles fan. HANDOUT

# What about the story from the sidelines?

## Silver Linings Playbook.

Football tales seem to focus on the gridiron action — this film looks at the lives of the fans

In David O. Russell's *Silver Linings Playbook*, Bradley Cooper plays an unstable former teacher trying to improve himself after exiting a mental institution. When his character, Pat Solitano, consults his otherwise level-headed psychiatrist Dr. Cliff Patel (Anupam Kher) on whether a Philadelphia Eagles' jersey is appropriate attire for a dinner party, Patel questions which jersey. On hearing that it's star wide-receiver DeSean Jackson, he responds unequivocally:

"DeSean Jackson is the man."

This is Philadelphia, where undying loyalty to the local NFL team — "the Birds" — is everywhere, even in the sensitive relations between therapist and patient.

As large a role as football plays in American life, Hollywood has typically focused its

cameras on the field of play, where the dramatics of gridiron battle are self-evident. But *Silver Linings Playbook*, which was recently nominated for five Spirit Awards and is widely expected to be a best picture Oscar contender, is more interested in the face-painters in the stands.

The annals of pigskin pictures have ranged from the hijinks of Groucho Marx (*Horse Feathers*) to the inspiration of a newcomer to the sport (*The Blind Side*). Football in movies has been a regular source of hard-knock action (*Any Given Sunday*), manly tragedy (*Brian's Song*, *Remember the Titans*) and underdog triumph (*Rudy*).

But along with *Silver Linings Playbook*, a handful of films have sought to capture the fanatical passion — both the communal spirit and the toxic obsession — that grips millions of households and acres of parking-lot asphalt every Sunday this time of year.

In Vincent Gallo's *Buffalo '66* (1998), Gallo drew from his own childhood in the upstate New York City, playing a man named after the hometown team (Billy), with lifeless pas-

ents glued to the TV screen for Buffalo Bills games. A lost bet on a crucial game cost Billy \$10,000 and put him in jail. On his exit, he's bent on avenging the guilty place kicker, a fictionalized version of a real-life Bills scapegoat, kicker Scott Norwood.

*Big Fan* (2009), written and directed by Robert D. Siegel (who also wrote *The Wrestler*), depicted a die-hard New York Giants fan (Patton Oswalt) whose devotion is tested when he's brutally assaulted by his favourite player.

The 2004 film *Friday Night Lights*, and the subsequent TV series, sought to portray a football-mad Texas town, where the sport reverberated in nearly all that was good — and all that was bad — in Dillon, Texas.

These movies all share in the spirit of Frederick Exley's classic 1968 fictional memoir: *A Fan's Notes*. The Giants-loving author wrote: "Cheering is a paltry description. The Giants were my delight, my folly, my anodyne, my intellectual stimulation. ... I gave myself up to the Giants utterly. The recompense I gained was the feeling of being alive."

It was that kind of intensity

## Based on a book

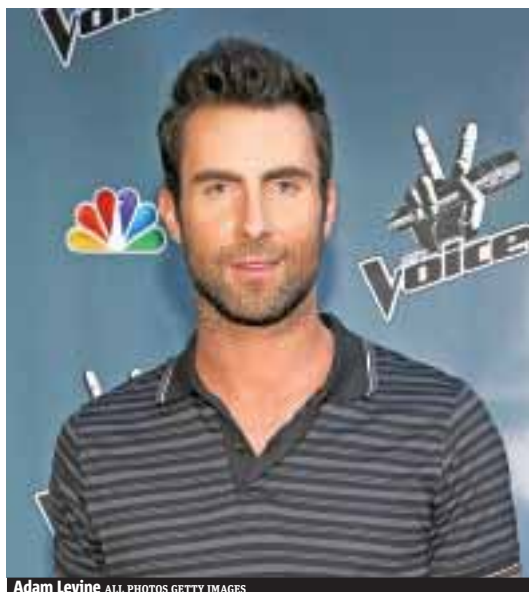
*Silver Linings Playbook* is based on the novel of the same name by Matthew Quick, a Philadelphia native who, reached by phone at his home in Massachusetts, makes no bones about his allegiance to the Eagles. "I bleed green," he says. "My earliest memories of my father are of going down to the Vet," says Quick, referring to Veterans Stadium, the former home of the Eagles. "In the neighbourhood I grew up in, the men didn't tell you that they loved you or give you hugs, they took you to Eagles games," he says. "If the Eagles scored a touchdown, you got a hug."

that interested Russell, whose last film, *The Fighter*, captured the boxing community of Lowell, Mass.

"What makes characters fascinating in a funny and an emotional way to me is when they have life and death stakes about their particular currency," the director says.

THE ASSOCIATED PRESS





Adam Levine ALL PHOTOS GETTY IMAGES

## Levine boos Honey: F-bombs fly the way of famous family

Adam Levine may have found a new avenue for success as a reality TV judge on *The Voice*, but that doesn't mean he's a fan of other kinds of reality television. Quite the opposite, actually. "Seriously, *Honey Boo Boo* is the decay of Western civilization. Just because so many people watch the show doesn't mean it's good," Levine tells *GQ* magazine. "It's complete f—ing ignorance and the most despic-

### Not impressed

**"It's complete f—ing ignorance and the most despicable way to treat your kids."**

Adam Levine on TV show *Honey Boo Boo*

able way to treat your kids. F— those people. You can put that in the magazine. F— those idiots. They're just the worst."



Olivier Martinez

## Feuding stars make proclamations of peace

This might not be the biggest shocker considering the recently signed custody agreement between Halle Berry and Gabriel Aubry, but Olivier Martinez has reportedly dropped his criminal complaint against Aubry for their bloody Thanksgiving brawl, according to Radar Online. "Olivier informed the LAPD and the Los Angeles City Attorney's Office that he was no longer interested in pursuing

criminal charges against Aubry," a source says. "Aubry and Berry worked out a confidential settlement last week that included specific language about how none of the parties — Halle, Gabe or Olivier — would pursue criminal charges against one another. All sides managed to agree to satisfactory terms with the focus being on ending the mayhem for the sake of Halle and Gabriel's daughter, Nahla."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Nothing stops Heidi from getting her Halloween on



**THE WORD**  
Dorothy Robinson  
scene@metronews.ca

A divorce and a hurricane wasn't going to keep Heidi Klum from dressing up in 2012. When her annual New York City Halloween party (which she used to host with soon-to-be ex-husband Seal) was cancelled this year because of Hurricane Sandy, the model decided to transform her party into a Haunted Holiday Party — and have Saturday's party benefit relief efforts. "Putting the outfit on only took five minutes, but gluing all these hundreds of stones

on my face took a little longer," she said about her jewel-encrusted face and Cleopatra costume, which she wore among such celebrities as Jay Manuel, Questlove, Russell Simmons and Sandra "Pepa" Denton of Salt & Pepa. Despite the intricate costume, she swore to a group of reporters, including Metro, that she was comfortable. "I'm on flat feet," she pointed to her boots. "I'm not on heels, so that's awesome."

Even though she's still reeling over her rather ugly split with Seal, with whom she has four children, she's not letting it ruin her Christmas plans. "This year we're just going to stay home," she says about how she plans on spending the holidays with her kids. "I'm excited to just sit in front of the fireplace and drink hot cocoa and watch them play with their new toys, just to be in the house and enjoy not doing much."



Taylor Swift

## Taylor Swift to be at the side of her new beau

Taylor Swift is apparently eager to spend whatever time she can with rumoured boyfriend Harry Styles. The country crooner jetted to New York less than 24 hours after a big holiday concert to spend

the afternoon with the One Direction member, according to *Us Weekly*.

The pair, joined by Styles' stylist and her family, strolled around the Central Park Zoo, sticking close and looking cosy.



Johnny Depp

## Rock this way: Johnny sings a single man's tune

Johnny Depp knows how to have a good time, and sometimes that means strapping on a guitar and joining Alice Cooper on stage. The *Pirates of the Caribbean* star did just that recently at a Cooper concert in Los Angeles, playing along on cover songs including *Break on Through* (to the Other

Side), *Revolution* and *Foxy Lady*, according to *People* magazine. "Johnny was in great spirits," a source says. "He was really happy and at ease, especially on stage with the rest of the band." Recently single, Depp was apparently going solo that night, as the source says he wasn't "with any ladies."

### Twitter



**@kirstiealley**

Just came home with a swell Xmas Tree.. The smell of fir is intoxicating..feelin pretty Christmassy!!



**@ElizabethHurley**

Searching in vain for the Christmas decoration..... WHY aren't they in the attic where they should be?!



**@MissKellyO**

Best bath ever!



**@SteveMartinToGo**

Christmas gift suggestions: A Wheat Thin is a welcome gift any holiday season.



The Victoria Secret show is airing on Global tonight at 10 p.m. ET/PT. GETTY IMAGES

# How Adriana got the body of an angel back

## Victoria Secret show.

Adriana Lima shares how she got back into show shape after having a child

ROMINA  
MCGUINNNESS  
Metro World News

Last month, Brazilian beauty Adriana Lima opened the Victoria's Secret Fashion Show, which airs on Global tonight at 10 p.m. ET/PT, eight weeks after giving birth to her second child.

She opens up to Metro about the "nightmare" gym sessions, sparring herself into shape and how she celebrated getting into the skimpy lingerie with a cupcake — but just one.

### It seems like hell getting ready for the show. How do you girls cope with the pressure?

One thing I need to get straight — I've never felt pressure from either Victoria's Secret or my agency. No one pressured me to get ready for the show this fast. It's a decision I made on my own. It was one of the most difficult things I've ever done because you're dealing with nature.

You do what you need to do to get ready, but after having a baby you really don't know how your body is going to react.

### Last thoughts

A couple more questions on getting that body back

- **What's more painful: Getting ready for the show or giving birth?** "I enjoyed every second of both. When you make your own choices and you're not forced to do things, nothing is painful. Being a mother is amazing and there are no words to

describe that, but also, the Victoria's Secret Show ... I mean every girl in the world would love to be an Angel."

- **At the end of the day ... is all the pain of the workouts and the dieting worth it?** "Of course. I do things that I love and I do them from my heart, you understand?"



### Sounds stressful. How did you react on the big day? Did you down shots of vodka backstage?

I get nervous before every single show. I thought that feeling would go away but it never did. Plus this year I was opening the show, which is a big responsibility as everybody kind of follows your mood. But every girl has a different way of expressing her nervousness. I don't like talking so I just listen to music — anything by Eminem, Rihanna, Kings of Leon, Rock and Roll by Led Zeppelin and Heartbeats by The Knife.

### Did getting ready for the show give you nightmares? Did you dream you were being attacked by giant candy bars?

No. It was more during the day, when I had to go to the

gym — that was my nightmare. Don't get me wrong, I really love exercise, but it's not easy.

The actual workout — it's tough you know. You need a lot of determination in order to do it every single day. Every minute of every workout counts and this year, I wasn't sure if I was going to make it or not.

**Models Cara Delevingne and Jourdan Dunn (both in the Victoria's Secret show with Adriana) reportedly ate pizza and KFC hours before the show. Would you want to scream if they ate in front of you, or join them?**

Ha! I'm a little bit older than them. But regardless of age, I'm really aware of the fact that you are what you eat.

**Are you saying they're going to turn into a giant pizza**

### or a chicken wing?

Maybe not right now, but they're going to see the results in the future, when they get old. It depends what they eat, but they may have problems with cholesterol or diabetes, I don't know. I just like to eat healthy. I have two children and I'm concerned about their health. I'm their example. I don't want my three year old asking me, "Mama, I want chocolate for lunch."

Cake is festive, it's not something you should eat everyday.

### What's the first thing you did when the show ended? Run backstage, take off that lingerie and demolish a cheeseburger?

No. But I did have a cupcake. Once in a while, I do eat these things, you know. I just don't do it every day.

Even now that the show is over, I'm still working out and eating healthy. It's my job.

**There are a lot of rumours out there that Victoria's Secret models literally starve yourselves in order to get ready for the show. You also shared sweaty pictures of yourself on Twitter to show how hard you were working out. How did you really go about it?**

I'd just had a baby, so I had to do everything in a healthy way in order to best take care of myself and my body. I never do things on my own — I have a nutritionist and a personal trainer. I don't want to have any problems. I know people see us on the runway and working out — but I don't want them to think that we don't eat. I don't starve myself. I don't do that. I love food, but I do watch what I eat.

### So what kinds of workouts did you focus on? What foods did you eat?

I was boxing — sparring, doing a little bit of rope and lots of abdominal and core work. I sometimes went running in the morning, but that's pretty much it.

As for my diet, I was eating three ounces of protein, three times a day with plenty of steamed green vegetables and drinking lots of water.



# The comfort of carrots and sweet potatoes in a casserole



**ROSE REISMAN**  
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If you can find fresh sweet pineapple, use it instead of the canned stuff. You're getting a double blast of beta carotene from the sweet potatoes and carrots.

**1.** Preheat the oven to 350 F. Spray a 9 by 13-inch baking dish with cooking oil.

**2.** Place the sweet potatoes and carrots in a saucepan and cover with cold water. Bring to a boil. Cook for 7 minutes at a boil, or until tender. Drain.

**3.** Toss the sweet potatoes and carrots with the pineapple and cranberries. Place in the prepared baking dish.

**4.** Combine the brown sugar, juice concentrate, oil, molasses and cinnamon in a small saucepan. Cook over medium heat, stirring frequently, for 1 minute or until melted and smooth.

## Ingredients

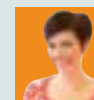
- 1 lb sweet potatoes, peeled and cut in 1/2-inch rounds
- 1 lb carrots, thinly sliced into rounds
- 1 1/4 cups fresh or drained canned pineapple chunks or diced apples
- 1/2 cup dried cranberries
- 1/3 cup packed brown sugar
- 3 tbsp orange juice concentrate
- 1 tbsp vegetable oil
- 2 tbsp molasses
- 1 1/2 tsp ground cinnamon
- 3 tbsp chopped toasted pecans
- 1/4 cup chopped fresh parsley
- 6 thin slices apple

**5.** Pour the sauce over vegetables. Cover and bake for 15 minutes, or until heated through. Remove from the oven and toss the vegetables. Sprinkle the pecans overtop. Garnish with the parsley and sliced apple.

**ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

## Health Solutions

### To sweet or not to sweet



**NUTRI-BITES**  
Theresa Albert, DHN, RNCP  
myfriendinfood.com

Oh yes, sweet potatoes are good for you, and in some cases, even better for you than white ones.

But don't be so sure you want to go all gung-ho on the switch. Mashed sweet potatoes can be just as rough on your calorie count as whites; it all depends upon how they are prepared.

**Fries:** Weight Watchers has both sweet potato and regular fries at around 500 calories per serving and 13 or 14 points.

**Mashes:** One cup of mashed sweet potatoes is 258 calories while 1 cup of mashed white with butter and milk is 237 calories.

Any way you slice it, the method of prepara-

tion matters far more than which potato you choose. No doubt sweet potatoes have more vitamin A and fibre in the pulp (eat the skins of white potatoes and they come closer!). In the end, choosing only a teeny tiny portion or baked "fries" instead of deep fried finger food is a better bet. Limiting the butter, milk or sugar (or marshmallows... for Pete's sake!) that is used in the mash is wisest.

**Baked:** Sweet potatoes are your best bet. Keep butter to a teaspoon and enjoy one cup (about half a potato) guilt free! Any leftover baked sweet potatoes can be turned into yummy muffins in a snap. You can check out a great Sweet Potato Muffin recipe at: myfriendinfood.com/2011/05/02/sweet-potato-muffins/

**THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM**



## Farfalle with Sausage & Saffron. Italian sausage teams up with eggplant

Italian sausage and eggplant star in this hearty weeknight pasta dinner that you can have on the table in no time.

**1.** In a sauté pan, heat olive oil and sauté eggplant with garlic for 3 to 5 minutes. Add sausage meat and sauté for a few minutes.

**2.** Add cream, saffron and sage. Cook mixture for 3 to 5 minutes until it thickens.

**3.** Meanwhile, bring pot of water to a boil and cook pasta

according to package directions. Drain, add to sauce and season with salt and pepper. Mix well in sauté pan.

**4.** Add Parmesan cheese and serve.

**THE CANADIAN PRESS/ BARILLA PASTA**

## Ingredients

- 45 ml (3 tbsp) extra-virgin olive oil
- 1 medium eggplant, diced
- 1 garlic clove, minced
- 250 g (8 oz) mild Italian sausage (casings removed)
- 150 ml (2/3 cup) 35 per cent cream
- Pinch saffron threads
- 30 ml (2 tbsp) finely chopped sage
- 1 pkg (454 g) farfalle
- Salt and pepper, to taste
- Grated Parmigiano-Reggiano, to taste

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# Dogs may be man's best friend, but how will Rover get along with your child?



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## Safe introduction.

Allow your pet time and space to become accustomed to your child and advise your little one on how to handle the dog

**MARY SHELL**

Metro World News in New York

Whether you are bringing your new baby home to meet your dog for the first time, or thinking about adopting that dog your kids have been asking for, there are some basic ways to safely introduce kids and canines.

We spoke with Jennifer Shryock, a certified dog behaviour consultant and founder of Family Paws Parent Education, about how to make a smooth transition.

## Never force interaction between a dog and a child.

Pay attention to your dog's body language to determine if the dog is engaging with the situation or tolerating it. Shryock recommends allowing your child to pet the dog a couple times and then stop. Wait to see if the dog is interested in continuing the interaction.

## Have reasonable expectations for your dog.

Parents often think a dog should put up with a baby

crawling near the animal at eye level and reaching and grabbing. "You can't let (a) toddler freely explore the dog," Shryock says.

A new dog will have a tolerance limit for your kids, and it's important to recognize that limit and provide the dog with a quiet area to retreat to when the interaction might become too much.

## Instruct your kids not to crowd the dog or carry it around.

Instead, create safe, supervised activities for your toddler and your dog. This might be dropping a treat in the dog's crate or filling up the food and water bowls together. No matter what you do, Shryock always recommends total supervision.

## Rule of thumb (or dewclaw): If it doesn't feel right or it looks too good to be true, it probably is.

Any behavioural issue is going to take time; there are no quick fixes. And if a child shouldn't be doing something to correct an animal's behaviour, a parent shouldn't be doing it.

For this reason, physical force with your dog in front of your kids is not recommended. Positive reinforcement is key.

## If you're expecting

Get to know your dog better during your pregnancy and use that time to reinforce basic training. Study your dog's body language and learn to identify triggers that stress or upset your dog, so you know how to protect your pet from these situations.

## Build the relationship

The best way to cultivate a good relationship with your dog and your new baby is to make sure your dog observes and participates in positive, daily routines with you and your baby. Never force your dog to check out the baby. Instead, invite him or her to sit next to you while you hold the new addition.



Do your child and dog get along? HANDOUT

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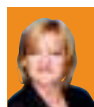
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# Making a list, checking it twice: Teach kids money comprehension skills

**Alison On Money.** The gift list — it will help guide you during the hectic shopping season



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Last week I saw a weary Dad slumped in a mall chair, coffee gripped in one fist. He smiled weakly when I sat down nearby. "I thought starting Christmas shopping early might make it easier," he said. "Wrong!"

He planned to accompany his three children into the stores. But two hours later, with few presents purchased, he was done. The problem was preparation.

All three kids lacked an essential item — the almighty list. It seems like such a simple thing, but is a fundamental part of financial planning. After all, how can you create priorities if you don't have a list to guide you?

Those who learn to make and follow them when they're young will find that



Increase your savings success rate by making a list. ISTOCK IMAGES

the structure provides benefits into adulthood.

There's a body of research pointing to the importance of earmarking for saving. Targeting certain sums for

a specific saving purpose increases the success rate.

List making is the kissing cousin of earmarking. For example, writing down or typing: Jared-Skylanders

Giants Chop Chop \$14.95, decreases the likelihood that a child will get distracted and overspend.

Even teens can get into list making. Apps such as

Santa's Little Helper (Apple), Gifters (Apple) and Christmas Gift List Planner (Android) will keep them on track.

The younger ones love it

if you add a few fun touches. Kids who aren't writing can cut and paste pictures of what they want to buy or make. Then a family member can help them with price.

Don't worry if their money comprehension skills aren't quite there yet. Just knowing that an item costs a certain amount and is affordable or not is a big step.

A five-year-old child of a neighbour listed what she wanted to buy her Dad — toenail clippers and a new car. Mom said, okay, you can afford the clippers but not the car. The daughter decided to buy a toy car and promise a real one when she grows up.

Making gift lists puts kids in charge and gives them responsibility. They won't always be successful in sticking to either the list or their budget (who is?) but the process teaches lessons for a lifetime.

Oh yes, the list also takes the pressure off mom and dad. That alone is reason enough.

Contact Alison at [griffiths.alison@gmail.com](mailto:griffiths.alison@gmail.com) or [alisongriffiths.ca](mailto:alisongriffiths.ca)



Bundle up! There are plenty of activities you can do for \$10 or less this holiday season. ISTOCK IMAGES

## Holiday activities that won't break the bank



**FUN AND FRUGAL**  
Lesley Scorgie  
money@metronews.ca

The holiday season is in full swing and everywhere you turn the sound of cash registers, credit and debit machines chime a tune of heavy spending on gifts and other festive activities.

This year, most Canadians are expected to spend nearly \$650 throughout the holidays (based on the Ipsos poll conducted in November of 2011).

What if you could spend a lot less, have more fun and avoid a hefty credit card balance when January rolls around?

Free outdoor activities await you and your family this holiday season.

Rather than heading to the ski hill, grab your skates or borrow snowshoes from a neighbour and enjoy the

outdoors.

If you bundle up, you could head out to a winter hiking trail with your friends or enjoy an outdoor campfire.

One evening, fill your travel mug with hot cocoa and tour outdoor light displays throughout your neighbourhood.

Find out what's happening in your community. Low to no cost choir performances and plays are put on at local community centres, malls and churches. Attending these events is a great way to support the arts and your friends who may be actively involved.

Rather than heading out to the theatre, download Netflix and watch unlimited movies at home for \$8 per month. Or, pay nothing and borrow films from the library.

Keep watch for coupons for the local zoo, craft fair, recreational facilities and

heritage sites.

Visiting tourist locations in your community in the off-season can save you a bundle and it's a great way to discover hidden gems right in your backyard.

Host a party where everyone brings their favourite appetizer and drink. Add the challenge that each person has to do this for \$10 or less. I guarantee the results will be creative, surprising and interesting.

Volunteer with a group of friends to pack food hampers, help out at the community centre or fix up your local playground.

This is a great way to spend time and it's a healthy reminder of how important it is to give back.

A fantastic holiday season awaits you. Save your money and enjoy it.

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Canada's world junior head coach Steve Spott, centre, poses for photos with players Mathew Dumba, left, and Hunter Shinkaruk on Monday in Calgary after announcing the 37-player roster for next week's selection camp. JEFF MCINTOSH/THE CANADIAN PRESS

# Junior selection roster has pro feel

**World juniors.** Lockout provides NHL-level talent, but creates uncertainty ahead of holiday tournament

As long as the NHL lockout lasts, the Canadian junior men's hockey team will be older and stronger than in previous years.

Edmonton Oilers centre Ryan Nugent-Hopkins and

## By the numbers

2

The Canadians won gold during the 1995 and 2005 lockouts, but those tournaments were in Grand Forks, N.D., and Red Deer, Alta., on smaller North American-sized ice surfaces.

other 19-year-olds who would have likely otherwise been lost to the NHL are among the 37 players invited to selection camp Dec. 10 to 15 in Calgary.

There was an undercurrent of uncertainty in Monday's

announcement in Calgary because of the impact a sudden end to the lockout could have on the team.

But with no end to the work stoppage in sight, Canada can anticipate having one of its strongest teams at the 2013 world junior championship starting Dec. 26 in Ufa, Russia.

Head coach Steve Spott, whose day job is coaching the OHL's Kitchener Rangers, sounds like a man who has to be prepared for anything.

"Until Dec. 26 with the uncertainty of this work stoppage, I'm trying to keep all my steno pads in order because I've got about 30 different rosters right now that I'm looking at," he said. "Until I see those players on the 26th against Germany, there's a lot of balls in the air. Ultimately it will be great to

## Far from middle of the road

Where the Canadian team will benefit the most from the lockout is at centre.

- Joining Ryan Nugent-Hopkins through the middle are second-year players Jonathan Huberdeau, Mark Scheifele and Ryan Strome. All are top-10 NHL draft picks.

get on the ice with them next Monday."

Twenty-three players will be chosen Dec. 13 to play for Canada in Ufa. The 2005 gold was the first of five straight for Canada, but it's been two silver and a bronze over the last three years. **THE CANADIAN PRESS**

## NHL lockout

### Crosby travels to New York for CBA negotiations

Sidney Crosby is ready for another kick at the can.

The league's most recognizable player travelled to New York on Monday for Tuesday's unique collective bargaining session that won't include commissioner Gary Bettman or NHLPA executive director Donald Fehr. **THE CANADIAN PRESS**

## NFL

### Chiefs return to practice after tragic weekend

The Kansas City Chiefs returned to work Monday at their practice facility near Arrowhead Stadium, trying to find a sense of normalcy.

It was difficult to do.

The locker that once belonged to Jovan Belcher, the linebacker who allegedly killed his girlfriend and then turned the gun on himself Saturday, still had all his belongings hanging in it.

Coach Romeo Crennel said that "time heals all wounds," and the Chiefs are hopeful the healing has begun.

Kansas City police Sgt. Marisa Barnes said Monday that authorities hope to deliver an investigative report to prosecutors on Tuesday. **THE ASSOCIATED PRESS**



Jovan Belcher GETTY IMAGES FILE

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## Horoscopes

### Aries

**March 21 - April 20**  
Don't expect too much in the way of cooperation from other people. Partners and colleagues will be too busy resolving their own issues to pay much attention to what you are up to, which could work in your favour.

### Taurus

**April 21 - May 21**  
You don't have to do something just because someone in a position of authority tells you to do it. Ultimately, you are your own boss and must do only what your conscience can live with. Make sure they know that.

### Gemini

**May 22 - June 21**  
You can be impulsive and if you act on the spur of the moment today, there is a risk you will leave yourself open to accusations that you are putting others at risk. Maybe they're right.

### Cancer

**June 22 - July 23**  
You may find that your options for action are limited over the next 24 hours but it's no big deal. Stay calm and don't get flustered or frustrated. There's still plenty of time to make your mark on the world.

### Leo

**July 24 - Aug. 23**  
Others can sit around worrying about the end of the world but you don't have time for that kind of self-indulgence. Make your plans and then make your move. Others may fear the future but you intend to own it.

### Virgo

**Aug. 24 - Sept. 23**  
You need to be a bit more assertive today, especially if you want to show those you work with that you can handle responsibility. Above all you must look calm on the outside, even if you are scared on the inside.

### Libra

**Sept. 24 - Oct. 23**  
"Lazy Libra" is a tag that has little if any truth in it and you will prove it today. Your willingness to put in twice as much effort as your colleagues will not go unnoticed nor, in the long-term, unrewarded.

### Scorpio

**Oct. 24 - Nov. 22**  
If you allow your anxieties to hold you back today, you will regret it later in the week when you realize how much more you could have done if you had just stuck with it. The only thing to fear is fear itself.

### Sagittarius

**Nov. 23 - Dec. 21**  
You may be tempted to cut corners today but it's not a good idea. Almost certainly, what you planned will go wrong and you will end up going the long way round for what should have been a simple journey.

### Capricorn

**Dec. 22 - Jan. 20**  
It looks very much like you are on a collision course with someone who has been going out of their way to give you a hard time, and it could get messy. Don't say something that could cost you your job though.

### Aquarius

**Jan. 21 - Feb. 19**  
If you find that you are out of your depth in some way today, you must ask for help. It's not a sign of weakness, it's a sign of intelligence. Everyone has their limits but only the wise seem to know it.

### Pisces

**Feb. 20 - March 20**  
Timing is everything and according to the planets it's the right time to get involved in a project that involves people from all walks of life, and maybe from all over the world. Join with those who share your dream. **SALLY BROMPTON**

## Crossword

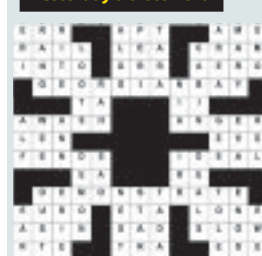
### Across

- Star of Home Improvement
- Hood
- Pillow covering
- Flubs
- Actress Hagen
- Nook
- Complied
- Tin Tin
- Opposite of SW
- Alter
- Corporate climber
- Actor Norton
- "Exodus" hero
- Ready — Not
- Not even once
- PVR predecessor
- Leap
- It's — win situation (2 words)
- Ridge
- Who Wants to — a Millionaire?
- Take a rest
- Chau — Chi of Falcon Crest
- Isn't colourfast
- Funnel-shaped wildflower
- Star of ChiPs (init.)
- Road surface
- Relationship woes
- The Bold —
- Summer in Paris
- Censor's target
- Turf
- Casual top
- Whichever

### Down

- After-dinner drink
- Tax agency (abbr.)
- Post-wedding title
- Scrape
- Chowed down
- One of baby's first words
- Charleston state

## Yesterday's Crossword



## What's online

See today's answers  
metronews.ca/  
answers.



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku

1	2	8	6	4	7	3	9	5
5	4	7	9	1	3	8	2	6
3	6	9	8	5	2	1	7	4
4	8	6	3	2	1	7	5	9
2	9	3	5	7	6	4	8	1
7	1	5	4	8	9	2	6	3
9	3	4	7	3	8	6	1	2
8	3	2	1	6	5	9	4	7
6	7	1	2	9	4	5	3	8

6		9				8		1
	4	2	8		5	9	3	
3								7
			2		4			
	9			1			4	
			7		3			
7								2
	2	5	1		8	6	7	
4		3				5		8

BY BETTY MARTIN

- Bugle
- Gung-ho
- Department store section
- E-mail request
- Indicates maiden name
- Patch
- Dutch city
- Wash
- Curves
- Scottish dagger
- A.A. Milne character

- Pat dry
- Flower holder
- Children's author Blyton
- Becomes inedible
- French cheese
- Beak
- Extension
- Actress Michele — of Glee
- Cartoon shrieks
- At the summit
- "Titanic" actor Billy —

- Land measure
- Aid in a crime
- Abbreviation found in an atlas
- Shoeborn letters
- John's "Pulp Fiction" co-star
- Groan inducer
- Pig's abode
- Elsewhere



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